

Cleaning House:

Throw out Diet Message Garbage

You've heard it before. Small changes lead to lasting results.

If you want to be happier with your body and successfully set and achieve your goals start here. Clean up your environment. You'll feel refreshed and clear with the perfect setting to take the next set.

1. Turn off your radio when an advertisement plays for anything diet related.
2. Give up any TV shows where you find yourself comparing yourself negatively to the characters. What can you replace the show with? Make a list. Some examples: *skype date with a friend, watching podcasts that uplift me, reading a good book, taking an e-course, listening to music.*
3. Throw away and cancel subscriptions to any media that promotes dieting or makes you feel bad about yourself in any way. How can you tell? Look at the magazine, website, or ad and ask yourself *does this send the message that I need to fix something about myself?* If so, toss/recycle it.
4. Identify at least one friend who you can spend time with and **feel completely accepted for who you are**. If you do not have one, set the goal to find one.

Many people struggle to complete these tasks. It can be hard to let go of our "favorite" magazines. *What will I read?!?! Or the shows that we habitually watch at 9pm. I'll be so bored!*

If you find yourself stuck please don't beat yourself up. Instead recognize it as symbolic of the depth of this issue for you. Stuck-ness is often a part of the process. While it is true that you want to have a healthier body or more ease in your food choices it may also be true that there is something bigger than your desire which stands in your way.

If you find yourself stuck I am here for you. Join my email list for weekly schedule of free conference calls and updates. Of course, I am here for you for free consult via Gchat or skype. Just [email me](#) and tell me where you're stuck.